

1st Grade dance

USOE Fine Arts Rainbow Chart

First - Page 1		Moving		Investigating		Creating	Contextualizing
Previously mastered grade level skills	Elements of Dance with definitions	Experience/ Identify	Explore/ Contextualize	Apply/ Build Skills	Analyze/ Integrate	Research/ Create	Refine/ Contribute
Knowledge of body Basic locomotor and axial movement skills. Listen to signals and respond to movement directions	BODY / MIND <i>The body is the instrument of dance</i> Warm-up <i>A series of exercises/movement to ready mind, body</i> Locomotor Steps <i>Steps that travel through space</i> Axial Movement <i>Movement that revolves around the axis and is performed in place</i>	Warm-up* Body Parts Conditioning Principles <ul style="list-style-type: none"> Strength Flexibility Stability Endurance Skills* Axial movement Locomotor steps	Explore the joy of moving the body. Warm the body for movement. Identify and move body parts. Listen to signals and respond to movement directions. Identify, define, and explore the basic axial movements (turn, bend, stretch, reach, twist) and locomotor steps (walk, run, gallop, jump, hop, slide, skip). video	Perform a silent mirroring warm-up designed to increase strength and flexibility. Practice and perform the basic axial and locomotor steps. Combine and perform a short memorized sequence.	Practice leading and following a mirroring sequence with a partner. video Use locomotor steps and axial movements with prepositions (near, far, over, under, through, etc.) video	Create mirroring dance with a partner. Create a movement sequence based on prepositions (near, far, over, under, between, around).	Perform a partner mirroring warm-up. Perform dances for peers using dance terminology to perceive and reflect.
Steady beat Tempo Simple rhythms Call and response	TIME <i>Defines when one moves</i> Duration (short/long) <i>Length of movement</i> Tempo (fast/slow) <i>Speed of movement</i> Metric Rhythm <i>Grouping of beats in recurring pattern</i> Call and Response <i>A choreographic form in which one soloist or group performs, with the second soloist or group entering in response to the first</i>	Beat, Tempo* Rhythm*	Clap then move to a steady beat with varying tempos. Clap then move to simple rhythms in call and response. video	Investigate moving to different tempos. Investigate clapping then moving in simple rhythms to call and response.	Practice moving to different tempos. video Move to simple rhythms with call and response to changing tempos.	Create a movement sequence with varying tempos. Create a call and response dance. video	Perform tempo sequences for peers. Perceive and reflect. Perform call and response dances. Perceive and reflect.
Range of movement, shape, levels, direction, symmetry and asymmetry	SPACE <i>Defines where one moves</i> Shape <i>The form of the body.</i>	Shape*	Explore changing the shape of the body,	Investigate shaping with a partner using spatial relationships	Improvise a shape sequence with a partner using spatial relationships.	Create a shape dance with a partner.	Perform shape dances. Perceive and reflect.

First - Page 2 Previously mastered grade level skills	Elements of Dance with definitions	Moving		Investigating		Creating	Contextualizing
		Experience/ Identify	Explore/ Contextualize	Apply/ Build Skills	Analyze/ Integrate	Research/ Create	Refine/ Contribute
	Levels (low/ medium/ high)		(e.g. level, direction, symmetry, asymmetry).	of over, under, above, around, through, below, inside, and outside. video			
Moving in place and through space, pathways	Direction <i>forward, backwards sideward, up, down up</i> Size <i>The continuum from small to large</i> Pathways <i>Patterns or designs created on the floor or in the air</i> Asymmetry <i>Uneven, irregular design</i> Relationships <i>The body's position relative to something or someone</i>	Moving through space*	Explore pathways (straight, curved, and zigzag). video	Combine pathways with various locomotor steps.	Improvise a sequence of pathways using several locomotor steps.	Create a pathway dance using various locomotor steps. video	Perform pathway dances. Perceive and reflect.
Performing and sequencing qualities of motion	ENERGY Defines how one moves Qualities of motion <i>Characteristics of a movement</i> Dynamics <i>The degree of energy, intensity, or power in the execution of movements</i>	Qualities*	In unique ways explore qualities of movement (explode, vibrate and collapse). video	Practice and refine qualities of movement.	Identify one quality of movement and improvise a short movement phrase.	Create a sequence based on one quality of movement.	Perform the quality dances. Perceive and reflect.
Primary awareness of self in the world Artistic/Creating Skills Creativity, imagination, audience skills Compositional structures Beginning, middle, end; individual, partner; call and response Performance Skills Focus, concentration, kinesthetic, visual, auditory skills increased Life Skills Cooperation, respect following directions, engagement in learning, self-efficacy, turn taking	CULTURAL <i>Individual and family</i>	Folk Tales*	Learn about folk tales from an authentic culture.	Learn a folk tale from a culture.	Explore the movement potential found in the words, illustrations, or ideas in the folk tale. video	Create a dance about the folk tale.	Perform a dance about the folk tale. Perceive and reflect.